

## Time to talk



- Act out an emotion...can your parents tell what you are feeling? Now ask them to do a different feeling.

- What words can you use instead of getting really angry to explain how you feel?



- Think of lots of happy times you spent together as a family, maybe you could look at some photos or home videos together. You could start the sentences with, "Do you remember when .....?"

- If you could interview anybody in the world, who would it be and what would you ask them?

